QUIT TOBACCO.
make everyone proud

TRICARE/Department of Defense Tobacco Cessation Marketing and Education Campaign

www.ucanquit2.org

THE GREAT AMERICAN SMOKEOUT 20 NOVEMBER 2008

Greetings!

Thank you from the Quit TobaccoMake Everyone Proud campaign for registering your 2008 Great American Smokeout event on our Web site, http://www.ucanquit2.org.

As one of the first 10 organizers to register an event, we have enclosed our new novelty items to help you promote your Great American Smokeout event and cessation services. You are the first to receive these items, and any feedback you have regarding them would be greatly appreciated. We value your opinions and, anytime you have ideas for additional campaign materials or resources that would be useful, we would love to hear your suggestions.

In the future, these items will be available for you to order in limited quantities on our Web site, http://www.ucanquit2.org/helpsomeonequit/healthprofessionals/weborders/Default.aspx. They are great tools to help promote your local cessation services, especially when these items are combined with our existing posters, postcards, table tents, and window clings.

Finally, please be sure to visit our Great American Smokeout page for more tips and ideas for this year's event, including our customizable Great American Smokeout-specific fact sheets and flyers, senior leader shout outs, e-cards, and much, much more!

QUIT TOBACCO.
make everyone proud
www.ucanquit2.org
Sugar-Free Gum
We can help you quit smoking or chewing.
Do it for yourself.
And everyone who cares about you.
www.ucanquit2.org

2008 SG GASO Message

- **The Great American Smoke Out Day is scheduled for Thursday November 20, 2008. This annual campaign has been successful with aiding and supporting all Americans to quit smoking and in changing military and cultural views of tobacco use. Our goal is to help everyone- sailors and marines, active duty and reservists, retirees and family members, and civilian employees to quit smoking and stop using any form of tobacco. We want everyone in the Navy family to be tobacco free.**

- **Tobacco use is the chief avoidable cause of preventable death in this country. Quitting smoking is perhaps the single best thing one can do to improve one's health, military readiness, and quality of life. The use of tobacco costs the country, the military health care system and the individual too many dollars, resources, suffering and loss.**

- **Most smokers and tobacco users want to quit. Providing encouragement, support and assistance to your friends, family, shipmates and patients is the right thing to do. Effective treatments to address nicotine dependence are available at the Military Treatment facility.**

- **Navy leaders are urged to promote a tobacco free lifestyle.**

- **Participation in the Great American Smoke Out Day at your command is encouraged. Free resources are available through the American Cancer Society, navy marine Corps Public Health Center and through the DOD Quit Tobacco Make everyone Proud Campaign.**

Vice Admiral Adam Robinson, M.C.

There is pride in
quitting tobacco.
YOU ARE TAKING A STAND. CONTROLLING YOUR LIFE. TAKING RESPONSIBILITY.
— Vice Admiral Adam M. Robinson, Jr., MC, USN
Navy Surgeon General
Chief, Bureau of Medicine and Surgery
QUIT TOBACCO.
make everyone proud
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2008 GASO Highlights

- Fun Runs
- Displays
- Articles, Posters
- Awareness tables
- Quit Kits
- Tobacco Cessation Groups

Pearl Harbor
ic, Kaneohe Directory
Dental Clinic 2nd Deck
Elevator and Stairs
Education and Training
Stairs to PT
TOBACCO INDUSTRY'S
Poster Child
Hairy Tongue
Health Hazards of Smokeless Tobacco Use
Consequences of Smoking
U.S. NAVY
HALF OF SMOKERS DIE FROM HABIT
Like to chew? Chew on this.
QUITTING SMOKING CAN HELP YOU
LIVE LONGER. / LIVE BETTER.

Like to chew?
Chew on this!
QUIT PLAN
Day and Time:
Method for Quitting:
Support Persons:
Changing my Environment:
Other Helpful Strategies:
The Great American Smokeout Pledge
QUITTING SMOKING CAN HELP YOU
LIVE LONGER. / LIVE BETTER.
You could start 'becoming healthier—and feeling better—within days after your last cigarette.
SKIN
After 1 day:
MOUTH AND NOSE
After 2 days:
LUNGS
After 2 to 12 weeks:
After 10 years:
HEART
After 2 to 12 weeks:
After 1 year:
After 15 years:
LOWER RISK OF:
readiness
smoking hurts readiness Quit today
impotence.
stained teeth.
halitosis.
wrinkles.
asthma.
bronchitis.
emphysema.
birth defects.
heart attack.
stroke.
cancer.
death.
quit today.
The Great American Smokeout Pledge
Since quitting tobacco I have the stamina and endurance to add more sets to my workout . . . .
Ready to quit tobacco?
474-1880 x 2282
Support the Great American Smoke Out
20 November 2008
Quit for a day and you may quit for life!
Come and join Health Promotion at Makisapa and K-Bay Clinics from 0800-1200. Pledge or sponsor someone to quit for the day and you'll have an opportunity to receive small gift items.
Any ??'s

Annapoli
s

Annapoli
s
MITCHELL
U.S. NAVY
NAVY
TOBACCO AND MONEY
See What Happens
EIGHT WAYS TO SAY NO TO SMOKING
I'll Never Smoke Because...
I've tried to get smoking many times
Willpower alone was not enough
Let's get real
SMOKERS' PRICE WHEEL
CHANTIX

Why Tobacco Companies Want You to Smoke
TOBACCO
AND MONEY
WHAT DOES SMOKING REALLY COST?

New
Orleans
NEX
Navy
Exchange

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We wish you success in your Great American Smokeout activities!

The Quit Tobacco—Make Everyone Proud Team

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